



# Activitats juvenils

## ACTIVITATS a partir de 13 anys

	DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES	
8:30	AQUAGIM	PPF			AQUAGIM	PPF				
9:00									AQUA-TBC	PPF
9:30					AQUA-TBC	PPF	AQUAGIM	PPF		
9:30	AQUA-TBC	PPF	AQUAGIM	PPF	GAC	S1				
10:30	ZUMBA	S1					ZUMBA	S1	GAC	S1
14:15	ZUMBA	S1								
15:15					AQUAGIM	PPF	AQUADANCE	PPF	AQUAGIM	PPF
15:30	AQUA GAC	PPF								
16:15			ZUMBA	S1						
17:00									MOVING ART	S1
17:15							ZUMBA	S1		
17:30	FIT JOVE	SF	CARDIO TRAINING	EXT	FIT JOVE	SF				
17:30	AQUA-TBC	PF	BOOT CAMP	EXT	AQUADEEP	PF			AQUA-TBC	PPF
17:30	ZUMBA	S2			ZUMBA	S2	GAC	S2		
18:15	MOVING ART	S1								
18:30	AQUA GAC	PPF	AQUA-TBC	PPF	GAC	S1	AQUADANCE	PPF	AQUA GAC	PPF
18:30					AQUAGIM	PPF				
19:30			AQUADEEP	PF			AQUA-TBC	PF		

\*Totes les classes hauran de ser reservades a través de l'APP de TRAININGYM

PPF Piscina poc fonda

S2 Sala polivalent 1

S2 Sala polivalent 2

PAV Pavelló

SF Sala Fitness

**CENTRE ESPORTIU MUNICIPAL BESÒS**

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